

Health Education: Grade 8

Health Literacy Skills

- Accesses valid health information
- Practices health-enhancing behaviors
- Analyzes influences on health
- Uses interpersonal communications skills to enhance health
- Uses goal-setting and decision-making skills to enhance health
- Advocates for health

Personal and Community Health

- Analyzes risk factors and behaviors that affect individual susceptibility to communicable disease
- Explains how the immune system functions to prevent and combat disease
- Reports on public health services for adolescents

Safety and Injury Prevention

- Analyzes relationship between safety promotion and injury prevention
- Determines rules, laws, policies and practices that relate to safety issues at home, at school, and in the community

Nutrition and Physical Activity

- Identifies nutritional content of various foods in relation to dietary guidelines
- Describes how fad diets and eating disorders may lead to nutritional deficiencies and imbalances that affect growth and development

Mental Health

- Identifies personal assets, strengths, and interests
- Demonstrates self-efficacy skills for positively supporting needs, wants, and emotions and for coping with transition to high school
- Identifies signs and symptoms of emotional stress or depression

Alcohol, Tobacco, and Other Drugs

- Examines beliefs related to alcohol, tobacco, and other drugs including steroid use and consequences
- Demonstrates healthful decision-making about alcohol, tobacco, and other drug use

Family Life and Human Sexuality

- Explains conception and stages of pregnancy
- Distinguishes among varied causes, symptoms, transmissions, treatments or cures, and sources for help for common sexually transmitted diseases (STDs) and HIV/AIDS.